



## Refreshing Our Goals

by Trudy Toll

*Adult Services Librarian at the  
Hayward Public Library*



There are many reasons to keep healthy. You want to be able to do the things in life you enjoy. You want to be able to run around with friends, children, grandchildren, neighbors, or whomever. You want to be able to go to the flea market for some bargains, the museum for a traveling show or maybe even travel to Paris to whisper something into the ears of the gargoyles on Notre Dame, or follow the trail of the *DaVinci Code* (by Dan Brown) or go to India on the train trip like Paul Theroux on the *Great Railway Bazaar*.

Whatever you want to do or to accomplish, the easiest way to do it, is with a healthy body and a healthy mind. It helps to keep your eyes on the prize (that prize being whatever you want to accomplish). Make sure you do not get distracted from your goal. If you want to lose weight, you have to exercise and eat less calories. Remember that goal whenever

you feel too tired to do the exercise for the day, or you are offered another slice of dessert. Whether the goal is specific or general, it is a good thing to remind yourself on a daily basis to focus on that goal. That way you cannot get so easily distracted. It's the same for overall health. Remind yourself of what is important to you, that you would not be able to do if you were less healthy, less mobile, less comfortable. It is a motivator for you to get out to exercise, make those hard decisions at



the buffet, turn down the volume on the iPod, get those eyes checked on a regular basis.

The body you have is the only one you'll get, you can't just order another chassis, like you would for a worn-out vehicle. There is an abundance of knowledge on how to maintain our bodies in primo shape but we have to follow through. There are mechanics (ok, so we call them doctors) out there, who will try and return "the works" (ok, we call them our bodies) to "factory specs" but often the damage is done. We cannot be upgraded. Most of our parts cannot be replaced with new ones. We need to work harder to maintain this vehicle than any Detroit-, Japanese-

or German-manufactured vehicle we will ever ride in.

Keep a list of your goals close to you in the morning while you shave, or brush your teeth. Update that list. Look for new things you want to accomplish. Remember why you want to be healthy. Do not let yourself forget, it is up



(continued on Page 3)

### UPCOMING Refresh Your Life EVENTS:

#### A New Approach to Work over 40

**Wed., May 6, @ 6:00pm**

Craig Nathanson will speak on a new way to look at work and find the work you were meant to do.

#### Cardiovascular Health

**Sat., May 30, @ 11:00am**

Sue Rodearmel will speak on how to keep your heart happy through exercise.

#### Flexibility

**Sat., June 13 @ 11:00am**

Frances Sedayao will speak on how importance flexibility is and how with exercise we can become more flexible.

#### Jan Wahl, Our Favorite Film Critic

**Sat., June 20, @ 12:00noon -2:00pm**

Ms Wahl will show some movie clips and talk about movies

#### Finding Work over 40

**Mon., June 22 5:00-7:45pm**

A representative from Eden Area One Stop Center talks about finding work over 40 & gives an overview of the center's services

#### SARK "Juicy Pens, Thirsty Paper"

**Sat., July 25 12:30-4:30pm**

A creative writing session like no other with bestselling creative author SARK — one sure way to Refresh your Life



## Do the Work You Were Meant to Do

Craig Nathanson is the author of two books on finding the right work for you: *P is for Perfect: Your Perfect Vocational Day* and *Don't Just Retire & Die: A New Approach to Your Life & Work after 40*. Join him at the Hayward Public Library on Wed., May 6, at 6:00pm. to find out how to make a contribution around what is most important to you, and how to create a new purpose in your life.

Request books  
& more  
online at  
[www.library.hayward-ca.gov](http://www.library.hayward-ca.gov)

## Refresh Your Health *Better Cardiovascular Health through Exercise*



You often hear only bad news about cardiovascular disease – after all, it's the number one

killer in the United States. With so many Americans at risk for cardiovascular disease, it's important to really know what makes us tick!

On **May 30, 2009 at 11:00am**, Dr. Sue Rodearmel will discuss **how exercise can positively impact cardiovascular health**. From eating well to staying physically fit,

to taking aspirin, join us at the Hayward Library Lecture Series to get information that will help you keep your heart healthy and stay well! Dr.

Rodearmel is an Associate Professor at CA State University, East Bay.



**Monday, May 18, 6:00PM**  
**Novel Writing Workshop**  
with bestselling author  
**Denise Michelle Harris**

Ms. Harris is a member of Alpha Kappa Alpha Sorority Inc., She has a Masters degree in Creative Writing from New College of California and is listed in Who's Who in America. She is a former Christian Preschool teacher who lives in the Bay Area with her family. *Sweet Bye Bye* is her first novel.

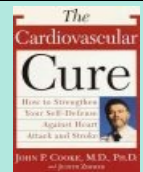
## Check Out These Books & Videos on Cardiovascular Health



**Anti-Aging Cardio Dance Workout**  
by Denise Austin  
Video 613.71 A



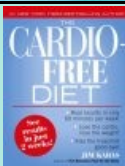
**Kathy Smith Cardio Knockout Video**  
by Kathy Smith  
DVD 613.71 K



**Cardiovascular Cure: How to Strengthen Your Self-Defense against Heart Attack and Stroke**  
by John Cooke  
616.1 C



**South Beach Diet**  
by Arthur Agatston  
CD 613.25 A



**Cardio-Free Diet**  
by Jim Karas  
613.2 K



## Refreshing Our Goals

(continued from Page 1)

to you to regulate your body — what goes in, how you run it, when and how you rest it and when you take it in for an inspection (check-ups). Keep it running smoothly. You can't smell that new "vehicle" smell but you probably enjoy the upholstery more on yourself than on any Ford/Toyota/VW manufactured vehicle.

### REDUCE STRESS EVERY MONTH



### with Yoga

at the  
Hayward  
Public Library  
Saturdays 3-5pm

#### Laughter Yoga

May 2  
June 6

#### Breath Yoga

No Session in May  
June 13

## SARK

### Juicy Pens, Thirsty Paper

This is a fun interactive workshop especially for creative writers and journal keepers over forty. You will leave with a customized guidebook to use throughout the year to keep your creativity flowing.

**Sat., July 25, 12:30—4:30pm**

## More information on this fascinating topic

From the American Heart Association ( <http://www.americanheart.org> )

### Physical Activity & Cardiovascular Health

#### Fact Sheet

- Cardiovascular disease (CVD) is the No. 1 killer in America. In 2004, about 871,000 adults in the United States died of CVD, accounting for about 36 percent of all deaths.
- Lack of physical activity is a risk factor for coronary heart disease.
- The relative risk of coronary heart disease associated with physical inactivity is an increase in risk comparable with that observed for high cholesterol, high blood pressure and cigarette smoking.
- Surveys show that 24 percent of Americans 18 or older aren't active at all.
- People with lower incomes and less than a 12th grade education are more likely to be physically inactive.
- According to the 2004 National Health Interview Survey, the following have a physically inactive lifestyle:
- Among non-Hispanic whites, 18.4 percent of men and 21.6 percent of women
- Among non-Hispanic blacks, 27 percent of men and 33.9 percent of women
- Among Hispanics, 32.5 percent of men and 39.6 percent of women
- Among Asian/Pacific Islanders, 20.4 percent of men and 24.0 percent of women
- Even low-to-moderate intensity activities, when done for as little as 30 minutes a day, bring benefits. These activities include pleasure walking, climbing stairs, gardening, yard work, moderate-to-heavy housework, dancing and home exercise.

## MEMORY ACADEMY

### with Diana Nohr

*Tuesday, May 26<sup>th</sup> at 6:00 pm — Main Library*  
Hayward Adult School Instructor Diana Nohr will present her award-winning Memory Academy. Improve your memory by using word & number games, as well as strength & balancing exercises. Event co-sponsored by AAUW Hayward/Castro Valley.



Our Favorite Movie critic  
**Jan Wahl** is coming to the

**Hayward Public Library!**  
**Saturday June 20, 2009**  
**12:00 — 2:00pm**

She will show some movie clips and talk about the movies. This program is free, and the public is welcome.

Call (510)881-7974 for more information.



### Finding Work after 40

A workshop presented by Eden Area  
Multiservice Center  
Main Library

**Mon., June 22, 5:00–7:45pm**

The Center provides FREE employment services to job-seekers and employers. They're one of 14 one-stop career centers throughout Alameda and Contra Costa counties, funded by the Department of Labor and the State of California to provide employment services to job-seekers and employers. They serve the cities of Castro Valley, Hayward, San Leandro and San Lorenzo. Visit the website of their parent agency, *EASTBAY Works*, to locate or post job openings, search for or post resumes.

### Eden Area

### Multiservice Center

24100 Amador Street, 3rd Fl.

Hayward, CA 94544

Phone (510) 670-5700

Fax (510) 265-8304

Monday through Thursday 8:30 am to 5:00 pm

Wednesday 8:30 am to 7:00 pm

Friday 8:30 to Noon

### Mystery Book group - Hayward Main Library

6:30PM - **Second** Tuesday of the this month **ONLY**

**May 12: *Cover Her Face* — P.D. James**

### Autobiography - Memoir Discussion Group

Hayward Main Library — Upstairs meeting room

6:30PM - third Wednesday of the month

**May 20: *A Girl Named Zippy* — Haven Kimmel**

### "Mostly Literary" Fiction Discussion Group

Hayward Main Library

6:30PM - second Monday of the month

**May 11: *Stone Diaries* — Carol Shields**

### Globetrotters Book Club - NEW

Weekes Branch Library—Pappas Legacy Room

6:30PM - last Tuesday of the month

**May 26: *Love in the Time of Cholera* - Gabriel Garcia Marquez**

## HAYWARD PUBLIC LIBRARY

Phone: 510-881-7980

E-mail: [library@hayward-ca.gov](mailto:library@hayward-ca.gov)

Main Library

835 C Street

Hayward, CA 94541

Weekes Branch Library

27300 Patrick Avenue

Hayward, CA 94544

Visit us on the Web @

**[www.library.hayward-ca.gov](http://www.library.hayward-ca.gov)**

AND

Check out our electronic newsletter @

**<http://tinyurl.com/541xj8>**

Check out our new

**Refresh Your Life** Blog at

**<http://www.hayward-ca.gov/refreshyourlife/>**

Come and join the fun online.

See our entire **Events calendar** online at the library's website

***This project was supported in whole or in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian.***